### BROOKES SPORT
**FITNESS AND WELLBEING TIMETABLE SEMESTER 2 2018**

<table>
<thead>
<tr>
<th>Day</th>
<th>07.00 - 12.00</th>
<th>12.00 - 17.00</th>
<th>17.00 - 21.00</th>
<th>20.00 - 21.00</th>
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</thead>
<tbody>
<tr>
<td>Mon</td>
<td>07:00 Body Combat - Studio -</td>
<td>12:30 Spin - Studio -</td>
<td>13:30 Pilates - Studio -</td>
<td>17:15 Spin - Studio -</td>
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<tr>
<td>Tues</td>
<td>07:00 Spin - Studio -</td>
<td>12:15 Pump Conditioning - Studio -</td>
<td>12:30 CrossFit ‘get into’ (Intermediate) - Sports Hall -</td>
<td>13:00 Yogalates - Studio -</td>
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<tr>
<td>Wed</td>
<td>07:50 Body Conditioning - Studio -</td>
<td>07:50 Yogalates - Studio -</td>
<td>12:15 Pilates - Studio -</td>
<td>13:00 Body Combat - Studio -</td>
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<tr>
<td>Thurs</td>
<td>07:00 Pump Conditioning - Studio -</td>
<td>07:50 Yogalates - Studio -</td>
<td>12:15 Pilates - Studio -</td>
<td>13:00 Body Combat - Studio -</td>
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<tr>
<td>Fri</td>
<td>07:00 Vibe Power - Studio -</td>
<td>10:15 Mash It Up - Studio -</td>
<td>12:00 CrossFit ‘get into’ - Sports Hall -</td>
<td>12:30 Vinyasa Yoga - Studio -</td>
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<td>Sat</td>
<td>11:00 Vibe D-Bands - Studio -</td>
<td>15:55 Yoga - Studio -</td>
<td>16:45 Yoga - Studio -</td>
<td>11:00 Yoga Beginners - Studio -</td>
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<tr>
<td>Sun</td>
<td>10:00 Yoga Beginners - Studio -</td>
<td>11:00 Yoga Intermediate - Studio -</td>
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#### Cardiovascular: Classes to improve your cardio fitness and stamina levels, workouts tend to be high intensity to burn calories and stay fit.

#### Body & Mind: Classes focused on slow movements, stretching, balance and wellbeing.

#### Resistance: Weight based classes provide a space to stay fit, tone and increase strength.

#### Brookes Perform: Classes focused on functional movement patterns, strength and core stability.

These sessions take place in the Sports Performance Gym in the Fuller Building.

#### Brookes Active ‘Get into..’: These sessions provide flexible participation at great value.

Purchase a ‘get into...’ card from reception and use at any ‘get into...’ session. 6 sessions for £12.50, 12 sessions for £25 and get a free Brookes Active t-shirt.

Cards provided free to Brookes Sport Silver and Gold members.

Please note:
Timetable may be subject to change.

**01865 484373 | headington.sport@brookes.ac.uk | Monday-Friday: 06.30-23.00 Saturday & Sunday: 09.00-22.00 | Last entry is 1 hour before close**
A NEW SYSTEM TO HELP EVERYONE ACCESS THEIR FAVOURITE BROOKES SPORT FITNESS & WELLBEING CLASSES

What is the Rule?
If you book a class and can’t attend then you must cancel in advance of the class starting by calling the venues reception or emailing jointhegym@brookes.ac.uk or cancelling online (If you haven’t already registered for Online Bookings then we recommend you contact reception for log in details).

What if I don’t cancel?
If you don’t cancel within 24hrs of your class then you will be charged adult price level. All monies will be passed on to our charitable partner. There are no changes to our member’s terms and conditions.

How do I cancel?
You can cancel over the telephone (01865 484373), online (jointhegym@brookes.ac.uk) or in person. However if you are within the 24 hour limit you will not be able to cancel online.

Why is this being introduced?
After much customer feedback about people not being able to book and then classes not being full, we need an effective system in place to rectify this issue. This is to help our customers to be able to get to the activities that they want to do and not be left disappointed when they can’t get into the session that they want.

What if I don’t agree with a charge?
You can log a refund request if you feel that you have mitigating circumstances and would like to log an appeal. You can do this online via jointhegym@brookes.ac.uk or at the reception.